



FÉDÉRATION INTERNATIONALE DE SKI
INTERNATIONAL SKI FEDERATION
INTERNATIONALER SKI VERBAND



FIS SKI JUMPING / NORDIC COMBINED CONTINENTAL CUP 2009-2010

| Date | Day | Ski Jumping Men | Ski Jumping Ladies | Nordic Combined |
|------------|-----|----------------------------------------|-------------------------|------------------------------------------------------|
| 08.12.2009 | Tue | II. Period Rovaniemi, FIN | Rovaniemi, FIN | I. Period |
| 09.12.2009 | Wed | Rovaniemi, FIN | Rovaniemi, FIN | |
| 11.12.2009 | Fri | Vikersund, NOR | | |
| 12.12.2009 | Sat | Vikersund, NOR | Vikersund, NOR | Soldier Hollow- Park City (USA) |
| 13.12.2009 | Sun | | Vikersund, NOR | |
| 18.12.2009 | Fri | | Notodden, NOR | |
| 19.12.2009 | Sat | Otepää, EST | Notodden, NOR | Lake Placid, USA |
| 20.12.2009 | Sun | Otepää, EST | | Lake Placid, USA |
| 27.12.2009 | Sun | III. Period Engelberg, SUI | | |
| 28.12.2009 | Mon | Engelberg, SUI | | |
| 02.01.2010 | Sat | IV. Period | Baiersbronn, GER | II. Period |
| 03.01.2010 | Sun | | Baiersbronn, GER | |
| 06.01.2010 | Wed | | Schönwald-Schonach, GER | |
| 08.01.2010 | Fri | Sapporo, JPN | | |
| 09.01.2010 | Sat | Sapporo, JPN | Braunlage, GER | Otepää, EST |
| 10.01.2010 | Sun | Sapporo, JPN | Braunlage, GER | Otepää, EST |
| 16.01.2010 | Sat | Neustadt, GER | | III. Period Neustadt/ Hinterzarten, GER |
| 17.01.2010 | Sun | Neustadt, GER | | Hinterzarten, GER |
| 23.01.2010 | Sat | Bischofshofen, AUT | Schönwald-Schonach, GER | Bischofshofen, AUT |
| 24.01.2010 | Sun | Bischofshofen, AUT | | Bischofshofen, AUT |
| 30.01.2010 | Sat | V. Period Iron Mountain, USA | | IV. Period |
| 31.01.2010 | Sun | Iron Mountain, USA | | |
| 06.02.2010 | Sat | Zakopane, POL | Ljubno, SLO | Eisenerz, AUT |
| 07.02.2010 | Sun | Zakopane, POL | Ljubno, SLO | Eisenerz, AUT |
| 13.02.2010 | Sat | Kranj, SLO | Villach, AUT | Kranj, SLO |
| 14.02.2010 | Sun | Kranj, SLO | Villach, AUT | Kranj, SLO |
| 20.02.2010 | Sat | Brotterode, GER | | |
| 21.02.2010 | Sun | Brotterode, GER | | |
| 27.02.2010 | Sat | Wisla, POL | | Karpacz, POL |
| 28.02.2010 | Sun | Wisla, POL | | Karpacz, POL |
| 01.03.2010 | Mon | | Zao, JPN | |
| 02.03.2010 | Tue | | Zao, JPN | |
| 06.03.2010 | | VI. Period Oslo, NOR | Zakopane, POL | V. Period Höydalsmo, NOR |
| 07.03.2010 | | Oslo, NOR | Zakopane, POL | Höydalsmo, NOR |
| 13.03.2010 | | Kuusamo, FIN | | Kuusamo, FIN |
| 14.03.2010 | | Kuusamo, FIN | | Kuusamo, FIN |

Junior World Ski Championships, Hinterzarten (GER): 24.-31.01.2010

Olympic Winter Games, Vancouver (CAN): 12.-28.02.2010